

*Mind-
Expanding
Rock*



VERTICAL FOREHEAD MOVEMENT

Explore the horizons of rock all week long.

The best new music, including:

metal with Jesse - Saturday midnight-2 am
techno/trance with the Mistress of Manic

- Friday midnight-2 am

Top 10 countdown with Bryce - Tuesday at 10 pm



HORIZONTAL FOREHEAD MOVEMENT

Jazz



WORKS WONDERS ON UNDER-EYE PUFFINESS

The most progressive jazz in the Triangle.

Weekdays 5-8 pm.

Monday - R.K.

Tuesday - Joe Neisser

Wednesday - Joe Cole

Thursday - Phil Rubio

Friday - DJ Daddy Rich



Urban



TO HELP LIFT THAT DOUBLE CHIN

SOUNDS OF DA CITY:

SHANE X - MONDAY NIGHT 12-2 AM

COFFEE - THURSDAY NIGHT 12-2 AM

THE MADMAN AND MIKE NICE -

FRIDAY NIGHT 8-10 PM

ENS - FRIDAY NIGHT 10-12 PM

DJ SAMPS - SATURDAY 8-10 PM

DJ MADD & ENS - SUNDAY NIGHT 12-2 AM



*Better Than
Warm Milk*



A REAL WORKOUT FOR YOUR EYELID MUSCLES

The 2-5 am DJ's: our secret weapon.

Alter your sleep patterns accordingly.

Monday - Chad Dickerson

Tuesday - Jonathan Whaley

Wednesday - Matt Walter

Thursday - Chad Wakefield

Friday - Jenny Silverstein

Saturday - Allen Baddour

Sunday - Danny Hooley



Specials



FRUIT TANG TONER

Bull City Cosmic Hoedown with Washboard Dave - Sunday 7-10 pm

Wednesday night feature with Lisa Linn - Wed. 8-9 pm

July 5 to August 9: 6 weeks of South African protest music

The Urban Contemporary Cowboy - Saturday noon-2 pm

G#d-damn Blues Train with Cornell Johnson - Saturday 2-5 pm

Reggae with King Ayoola - Sunday 2-5 pm

Women in Music with Kirsten Wescott - Sunday 5-7 pm

Laugh Tracks with Marty Smith - Sunday 11 pm-midnight

Music that holds back
the lines and signs of age.
customized therapy: 684-8870/8871